

A soldier in camouflage gear is performing a combat maneuver on a training dummy in a field. The soldier is in a low, crouched position, leaning forward with his arms extended, holding the dummy. The dummy is lying on its back, and the soldier is positioned over it. The background is a grassy field with some trees in the distance.

CFT

Combat Fitness Testing

Combat Functional Training

Function...A New Concept?

FITNESS MACHINES

- Isolate muscles / does not mimic reality
- Singular joint & muscle group / body does not work that way
- Unnatural stress on joints
- Muscles do not generate an adaptive response

FUNCTIONAL MOVEMENTS

- Integration / teach the muscles to work together

Marines are Athletes

- The Game????
 - Rules????
 - Time in the game????
 - No Off Season
-
- Fitness based on function of combat operations

Planes Of Motion

- Ability to perform a broad array of natural or realistic physical work in multiple planes and multiple joints
- Planes of motion
 - Sagittal
 - Frontal
 - Transverse

REALITY

- Increase time of wearing combat equipment
- Increase in mean weight for body armor
- Additional weight of SAPI plates
- Helmet puts unnatural load on the neck
- Flak jacket puts unnatural load on the low back & body
- + temp of 120 degrees

PFT

- Current program: PFT
 - Over emphasizes aerobic training (long distance running)
 - Little attention to strength training
 - Little attention on injury proofing

CFT

- Combat fitness that follows function based on core strength & total body stamina
- Include
 - Core strength
 - Endurance
 - Speed
 - Coordination
 - Agility

CFT

- Lifting / pulling / throwing / movement
- Extreme circumstances
- Short fast runs, heavy load (norm)
- Workout must FIT the culture

Terms of Reference

- Combat Fitness Test:
 - The purpose of the CFT is to measure the physical fitness of Marines in a manner which specifically accounts for operational readiness, by using tests which reflect operational demands.



- **Events**

- Events in order (all in boots and utilities):
- **880 yd Run**
 - Conducted like 3 mile run
 - Testing will determine best sequencing and numbers of Marines in each “heat” if not mass start
- **Ammo Lift**
 - Marines matched up as in crunches
 - Will test two versions in data collection period
 - See pictures
- **Maneuver Under Fire**
 - Will test two versions in data collection period
 - May be modulated
 - See diagrams

“MANEUVER UNDER FIRE (300 yds)”

Notes:

Grenade Throw:

- Target area 5 yd x 5yd marked w/ engineer tape
- Center of target area 22 ½ yds from 75 yd line
- "Hit" if throw lands in target area or on border.
- Hit=10 sec deduction from time/Miss=10 sec addition to time

Cone network:

- 5 yds apart in width/length beginning at 50 yd line
- Marines negotiate all or portion of the same network on all legs of event.

CASEVAC

- Marines paired by approximate weight

Equipment needed:

- 30 lb ammo cans,
Field lining materials,
Dummy grenades,
Tweeps, stopwatch
and **Cone, sandbag or
other marker.**

Leg 1:— — —

- Start in prone position
- "Ready, Go"
- 25 yd Sprint-25 yd Modified High Crawl (hands and knees)-25 yd Diagonal Run
- Pick up casualty in Cradle Drop (underarm carry position)

Leg 2: _____

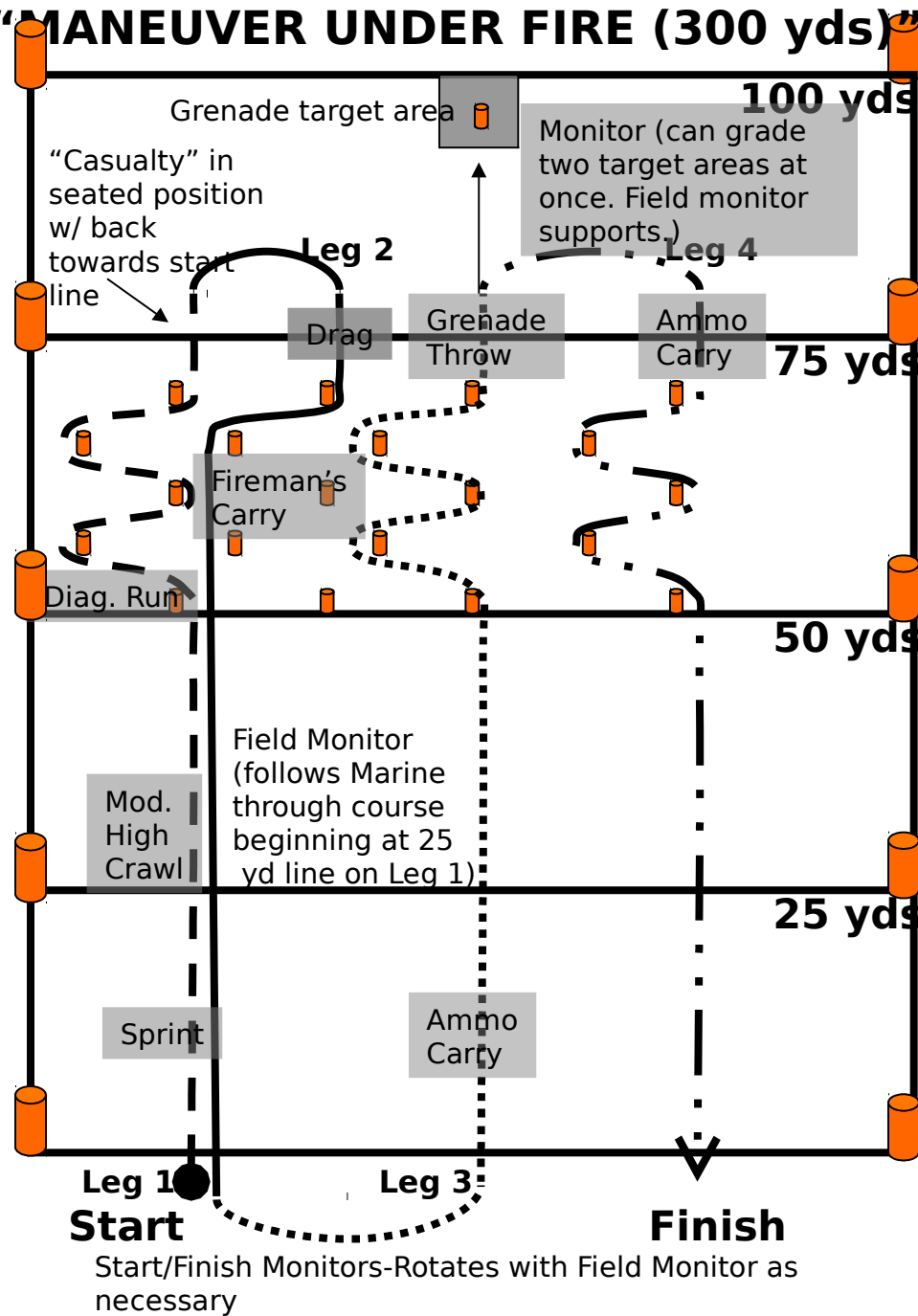
- Drag casualty 10 yds through last two cones of network w/ start line as reference. Once casualty in carry position, bottom of feet may not touch ground
- Transition casualty to Fireman's Carry (casualty may assist rescuer)
- 65 yd Fireman's Carry to start-- Place casualty on ground
- Pick up two (2) 30 lb ammo cans

Leg 3:.....

- 50 yd Sprint w/ammo cans-25 yd Diagonal Run w/ammo cans
- Ground ammo cans
- Engage grenade target from standing position, take cover momentarily in prone position with hands covering head

Leg 4:

- Rise to standing position, pick up ammo cans
- 25 yd diagonal run-50 yd Sprint to



ALL LEGS OF EVENT OCCUR WITHIN ONE LANE (APPROX 8 YDS

Functional Circuit Training

CFT

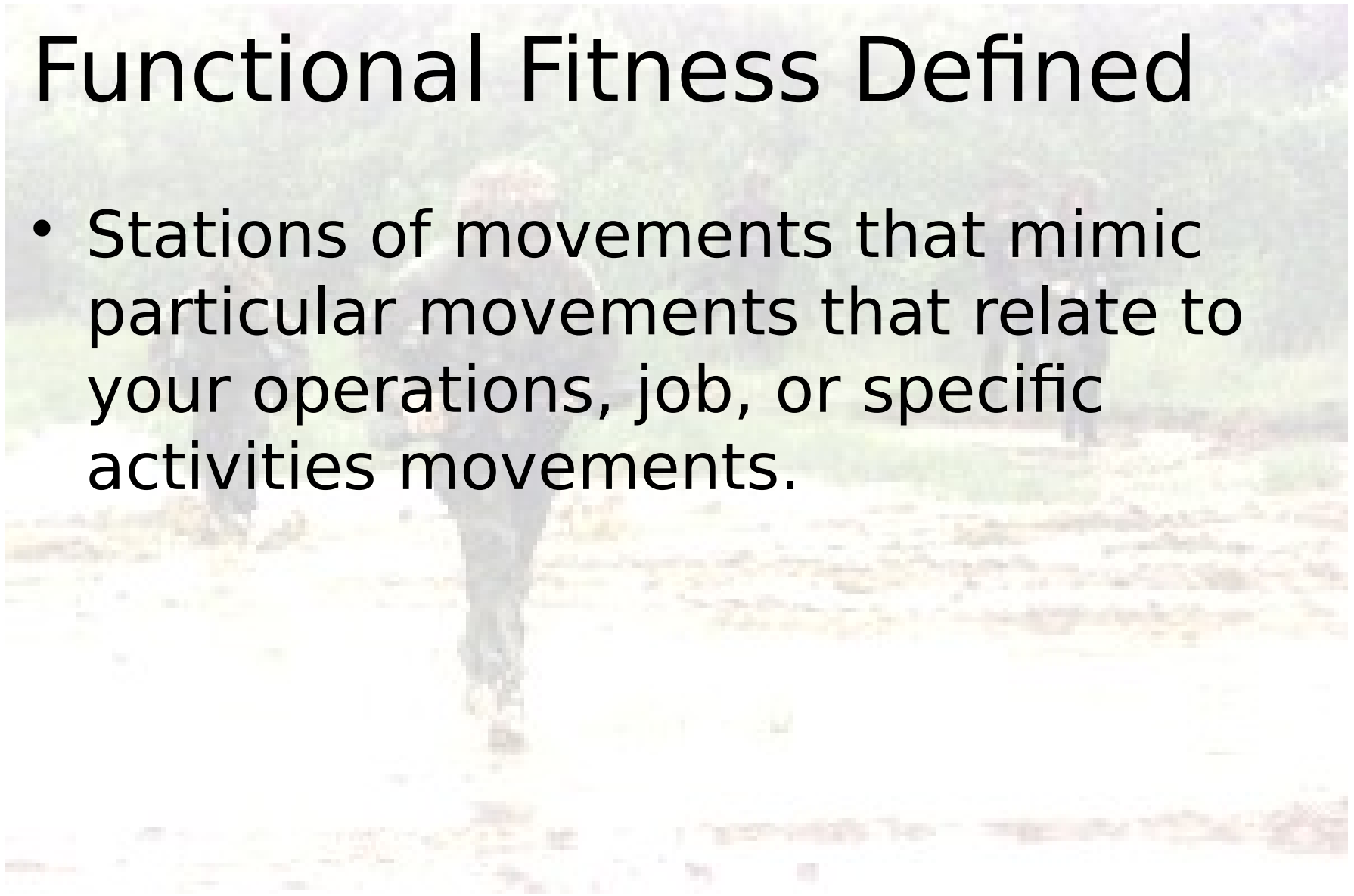
CIRCUIT TRAINING DEFINITION

- Involves a series of repeated exercises and muscle group work through stations to develop muscular strength gains and cardiovascular improvements with minimum rest between stations.

ACE and AFAA fitness, Theory, and Practice.

Functional Fitness Defined

- Stations of movements that mimic particular movements that relate to your operations, job, or specific activities movements.



BUILDING A CIRCUIT TRAINING SESSION

- Stations should be a combination of Upper Body, Lower Body and Core.
- Active recovery stations placed between each station.
- Number of stations may range from 6-12.
- The Circuit should last between 20-50 min. with rest intervals (Active or water breaks) of 15 sec. to 2 min., depending on the type of CT.

BUILDING A CIRCUIT TRAINING STATION

- Perform Circuit 2-3 times depending on number of stations and time allowed.
- Balance your circuit stagger upper body, lower body, and core.
- Include plyometric drills, calisthenics, agility drills, coordination, strength, speed, power, accuracy, cardio endurance, flexibility, stamina, balance, FUNCTIONAL MOVEMENTS specific to daily activities!

ORGANIZING YOUR CIRCUIT STATIONS

- Explain the station, demonstrate the exercise, show modification for different ability groups and demonstrate your circuit.
- Show proper form and variations not only for different fitness levels but also injuries.
- Warm up 5-10 min. Include an “active/dynamic” stretch in the warm up including the major muscle groups.
- Start circuit training immediately after warmup.

ORGANIZING YOUR CIRCUIT STATIONS

- Finish with a cool down and a static stretch (hold each stretch for at least 10 sec.).
- Cool down could be replaced by comprehensive core training followed by stretching.

ELEMENTS TO USE FOR A CIRCUIT

- Be creative! Use elements found in nature (trees, logs, sand, street curves, distances etc.).
- Use exercises, equipment and elements that will help improve daily activities.
- Use body weight! It is great for endurance, strength, agility, power, speed, and muscle balance.

FUNCTIONAL EXERCISES

- Sand bags, ammo cans, rifles, canteens, back packs, flack jackets, buddy-body weight, helmets, rocks etc.
- Use TRX!

CIRCUIT TRAINING EXAMPLE

- Warm up with sport specific moves (Light jog, Frankensteins, karaokes, skips, side hops).
- Move through 9-12 stations with one minute active rest (light jogging) in between stations.
- Stations:

1. Upper	2. Lower	3. Core
4. Upper	5. Lower	6. Core
7. Upper	8. Lower	9. Core
- Stretch

Any Questions
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